

### **ABSTRACT OF THE DISCLOSURE**

The invention provides a finger grip aid for use while holding equipment. The aid is worn on one or more fingers like a sleeve, where it compresses the finger except at an opening over the second knuckle. In one embodiment, the finger grip aid fits over the entire finger, and in a second embodiment the finger grip aid fits over the finger from the base to a position between the first and second knuckles. The inventive finger grip is particularly useful for gripping devices having elongated handles like golf clubs, or for holding hard to grip items, such as balls and drinking glasses.